

Hawaii State Department of Health

Injury Prevention Program &
Developmental Disabilities Division

p r e s e n t

Reducing Falls by Design

October 4, 2005

Pacific Beach Hotel

Co-sponsored by:



**Child and Family Services - Gerontology Program
Elderly Affairs Division - City & County of Honolulu
Executive Office on Aging
Hawaii Island Adult Care, Inc.
Mo'ili'ili Community Center - Elder Care Services
Ohana Pacific Rehab Services
Project Dana**

Register by September 2, 2005 and Save!

Keynote Speakers



Rosemary Bakker

Reducing Falls by Design

Rosemary Bakker, gerontologist and certified interior designer, is a Research Associate in Gerontologic Design and Medicine at the Weill Medical College of Cornell University. Ms. Bakker is the Project Director for GEM (Gerontologic Environmental Modifications), a resource and educational program for service providers on extending independent living for older adults. Recently, she managed a New York City Bathing Safety Task Force and designed engineering tests for various products. Her recent research projects include a lighting study sponsored through a leadership award by the National Institute of Health, documenting the light levels in the dwellings of homebound elderly in Manhattan and a survey of practicing physicians' knowledge of the differences between nursing homes and assisted living facilities.

Ms. Bakker is currently developing a web-based animation on Environmental Geriatrics in which the user can virtually experience functional limitations caused by age-inappropriate design. A practicing designer, Ms. Bakker conducts environmental assessments for the housing and healthcare industries. She was recently awarded a contract for a falls research project with the National Institute of Occupational Safety and Health to conduct environmental audits for participating intervention hospitals.

She is a member of the New York State Construction Standards Advisory Group for Assisted Living Facilities and Nursing Homes, the Environmental Committee at New York Presbyterian Hospital, the Sigma Phi Omega National Academy of Honors in Gerontology and the American Society of Interior Designers. She is the author of *Elderdesign: Designing and Furnishing A Home For Your Later Years*, published by Penguin Books. She has lectured extensively on interior design for an aging population at the Weill Medical College of Cornell University (for faculty, physicians, nursing staff, administrators and students).

Ms. Bakker has appeared on CBS, NBC, and PBS Television.

Max Vercruyssen

Falling by Design

Max Vercruyssen is an educator and scientist who specializes in ergonomics and human functional fitness across the lifespan. He has a post-doctorate degree in Ergonomics, a PhD in Human Movement Control, and four Masters degrees. He has consulted for the European Union, Japan, Taiwan, and the US on gerontechnology applications for functional fitness in the elderly, especially systems approaches to wellness, transport, mobility, and coping with the challenges of aging, disease, and inactivity in later life. He has published over 200 scientific papers, chapters, and books. However, he now enjoys most being 'out of the box,' creating unique programs for the elderly and students of all ages here in Hawaii.



In 1999, Max established Hawaii Academy as a private school for lifetime fitness, gymnastics, human sciences, and technology for ALL ages and abilities. The Academy is now 1,000 students strong. It is world-renowned for elite (world-level) trampolining and its unique fitness programs for four-generation families and senior citizens. For the past five years, Max has conducted a seniors exercise class (ages 60 to 97) that features safe fall training, balance recovery, and unusual fitness exercises.



A g e n d a

Reducing Falls by Design

8:30 a.m.- 9:00 a.m. **Registration/Continental Breakfast**

9:00 a.m.- 9:20 a.m. **Introductions – Eric Tash, MPH**

Welcome – Linda M. Rosen, M.D. M.P.H.

Deputy Director, Health Resources Admin.

9:20 a.m.- 9:40 a.m. **Hawaii Data – Eric Tash, MPH**

Impact of Falls

9:40 a.m.- 10:30 a.m. **Keynote – Rosemary Bakker**

Reducing Falls by Design

10:40 a.m.- 11:30 a.m. **Concurrent Session I**

A) Linda Ann S.H. Tom, MD

Osteoporosis/osteoarthritis and falls

Osteoporosis and Osteoarthritis are common conditions affecting the older person and can lead to falls.

We will review the risk factors and diagnosis of these conditions and the way in which they predispose the older person to falls. A summary will outline what you can do to decrease your risk for falls and injury, and the common treatment options for these conditions.

B) Heidi Caglayan, PhD

How to create a safe place of care for caregivers

To safeguard the health of the caregiver, offering a safe place to share with others in similar situations and learn new information has become an essential aspect of the caregiving journey.

C) Chris Ridley, MSW

Fall prevention and dementia

This session will highlight the basic dementia factors contributing to falls and the latest techniques in postponing falls. The unraveling of the brain is a unique process for each individual that requires personalized care plans.

D) Marie Riley, MA

Tai Chi movement for balance

Learn patterns of Tai Chi movements, which are easily repeated and memorized. This experiential workshop (for beginners and advanced) allows enjoyment of the Tai Chi flow for yourself or for sharing. The key concept is BALANCE. Please wear comfortable clothing and be as fragrance-free as possible.

E) Suzanna Valerie, GNP

Don't let a nutritional deficit lead to a fall

Join in a presentation on how nutritional deficits can be a risk for falling. This session will address dehydration, anemia, Vitamin D deficiency, and muscle wasting malnutrition.

F) Robert Kissenberger, MSPT

Dynamic vestibular function testing: when and why

Chronic dizziness and imbalance are common complaints encountered by primary care physicians. Conventional medical work-ups are often inconclusive. Computerized dynamic posturography and special tests using infrared oculography will be discussed.

Agenda Continues



11:40 a.m.- 1:15 p.m. **Lunch**

Keynote – Max Vercruyssen, PhD, MPH

Falling by Design

Fashion show of assistive devices – MC'd by Vicki Davis & Ernest Posey

1:15 p.m.- 1:30 p.m. **Information exchange**

1:30 p.m.- 3:00 p.m. **Panel: Reducing Falls by Design**

Rosemary Bakker, Moderator

Heidi Caglayan, Caregiver

Alicia Hanta, Ohana Pacific Rehab Services

Lois Lee, Department of Human Services

Keith Matsunaga, President, PacMed

James Pietsch, Director, UH Elder Law Program

Hale I. Takazawa, Principal, Pacific Atelier International Inc.

3:15 p.m.- 4:00 p.m. **Concurrent Session II**

G) Jerry Smead, R.Ph

Drug interactions associated with potential fall injuries

An overview of commonly prescribed and over-the-counter medications that affect the central nervous system, can cause hypo-tension, and change their bioavailability as we age.

H) Kevin Lockette, PT

How to create a safe place of care for caregivers

A hands-on workshop for instruction and training on safe mobility for patients. Areas covered include body mechanics & proper lifting, transfer training based on body type of patient and caregiver, bed mobility training, hand placement, ambulation and gait.

I) Jill Kitamura

Rhythm and Life

This fun exercise program draws on many different disciplines, with the goal to stimulate heart, body, and mind, release stress, and improve body/mind coordination. You will perform some stretches, chair and expressive exercises. Comfortable clothing is suggested.

J) Anita Haban-Nakamaejo

Home safe home is home sweet home

Fall prevention and home safety assessments can identify potential risk-areas in homes and point out recommendations for addressing these trouble areas. Learn what you can do to make your home a safer haven.

K) Max Vercruyssen, PhD, MPH

Fall training and fall fitness for all ages

Dr. Vercruyssen advocates injury prevention. This session focuses on falling safely and how to practice falling regularly to be 'fit for falling.'

L) Alicia Hanta, OT

Greater independence through adaptive equipment

The workshop is a demonstration and instruction on the available adaptive equipment for greater safety and independence with activities of daily living. Equipment will be on hand that aids in dressing, cooking, cleaning, feeding, etc.

4:15 p.m.- 4:30 p.m. **Closing Comments** – Eric Tash, MPH

Registration Form

Name: _____ Work Phone: _____

Your name for Name Tag: _____

Title: _____ Home Phone: _____

Agency/Organization: _____ Fax: _____

Address: _____

City/State: _____ Zip Code: _____

Email: _____

Concurrent Session I (select one)

A) ☐

D) ☐

B) ☐

E) ☐

C) ☐

F) ☐

Concurrent Session II (select one)

G) ☐

J) ☐

H) ☐

K) ☐

I) ☐

L) ☐

(Fees cover conference materials, keynotes, concurrent sessions, and meals)

Please mark your choice in the box.

Chicken ☐

Fish ☐

Vegetarian ☐

Payment Method:

Visa ☐

MasterCard ☐

Exp Date: _____

Cost: \$25.00 Family Caregivers,
Seniors (60+) and Students _____

Card No.: _____

\$45.00 For all others _____

Signature: _____

**Make checks payable to: Kapiolani Community College
with memo to read: Fall Prevention Conference**

☐ Check/Money Order \$ _____

☐ Purchase Order # _____

Attach copy with authorized signature

Mail this Registration Form to:
**Fall Prevention Conference
Kapiolani Community College
Non-Credit Registration, Ilima 106
4303 Diamond Head Road
Honolulu, HI 96816**

For more information call 734-9138

If you have special needs due to disability, please contact 586-5940 by September 1, 2005.

CANCELLATION POLICY: Prior to September 13, 2005, there will be a \$10.00 processing charge for cancellation.

After August 31, no refunds will be made.

LATE REGISTRATION: After September 2, 2005, a \$10.00 late fee will be added to all registrations.

No registrations will be accepted after September 21, 2005 and no walk-in registrations will be accepted.